

Orientation and Mobility Services (O&M)

BEST is pleased to announce that we are now offering Orientation and Mobility (O&M) services as part of our BEST Start program! If you are the parent or caregiver of a child with a vision impairment, reach out to us today to learn more or to request O&M sessions for your family.

What is O&M?

- A set of concepts, skills and techniques for safe and efficient travel for those with visual impairments
- Instruction is done by a Certified O&M Specialist (COMS)

Why is O&M important for an infant or toddler?

- Introducing O&M as early as possible supports independence, confidence and the ability to use movement purposefully and safely
- Encourages a child to move outside of the immediate space around them to explore their environment
- Helps to develop sensory integration, balance, strength and coordination
- Brings more information to the child that they are not able to incidentally gain through vision

What does a COMS do with infants and toddlers?

- Works on positional, spatial and temporal concepts
- Works on safety and environmental awareness
- Supports the child in developing other senses (hearing, listening, tactile) to explore and discriminate things in their environment
- Works with the child on practicing tolerance to movement and positional changes
- Uses active learning strategies to develop meaningful movement
- Introduces push toys, walkers and other pre-cane devices to prepare a child for future cane use
- Works closely with your developmental therapist, Teacher of the Visually Impaired (TVI) and other team members for a collaborative approach to goals
- Conducts O&M-specific assessments

